

Turkey Sandwich (cold)100

Number of Servings: 100 (220.41 g per serving)

Amount	Measure	Ingredient
200.00	pce	Bread, whole grain, slice
200.00	ea	Lettuce, green leaf, fresh, inner leaf
400.00	pce	Tomatoes, red, fresh, year round avg, med
3 1/8	lb	Cheese Product, Swiss, past, proc, slice
4 1/4	cup	Dressing, Miracle Whip
12.00	lb	Turkey, avg, breast, w/skin, rstd

Nutrients per serving

Nutrition Facts

Serving Size (220g)
Servings Per Container

Amount Per Serving

Calories 330 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 530mg **22%**

Total Carbohydrate 29g **10%**

Dietary Fiber 5g **20%**

Sugars 8g

Protein 26g

Vitamin A 30% • **Vitamin C 20%**

Calcium 25% • **Iron 15%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Instructions

Spread 1 tsp Miracle Whip on each slice of bread. Place 2 oz roasted turkey (approx 1/2 cup cubed or sliced) on one slice of bread, top with 4 tomato slices and 2 lettuce leaves and 2nd slice of bread with Miracle Whip.

1 sandwich = 1 serving = 2 CS

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.
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Holding :

- Hold for cold service at an internal temperature of 41 F or lower.